

Routine maintenance

Don Robbins, a driver for Sheridan's Goose Creek Transit bus service, checks out his vehicle as part of the routine maintenance schedule for the fleet. The transit facility has been under construction to expand bay space, add new office facilities and a new wash station for buses. An open house tour of the newly renovated transit facility will be announced in the near future.

COURTESY PHOTO |



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Ch-ch-ch-ch changes!

This David Bowie song is definitely stuck in my head. Not so much the lyrics, but the classic refrain...Ch-ch-ch-ch changes.

The first months of the year have come and gone and we at the Senior Center are looking at 2017 as a year of change. This is not news for those of you that work, volunteer, or frequent the center regularly. We have been in a state of flux for over a year now as we expand and transform our



CARMEN RIDEOUT

physical space. Day Break, our adult day center, has found a home in a beautiful new building right next door to the center.

It has been open for business for three months and they are loving this new comfortable space immensely.

The transit facility, where Goose Creek Transit is located, has almost doubled in size. A hot water heater for a new wash bay is all that we are waiting for to finish up this project. As was the case for Day Break, the transit project is coming in on budget. This is a happy piece of information for the board of directors and all of our donors.

Last but not least, the Senior Center expansion and renovation project will be wrapping up phase one in a few weeks. The project is divided into three phases and all are projected to be complete in September 2017.

An additional 5,000 square feet will be available. The added space will be used for more and varied activities, a larger kitchen and home-delivered meals area, and some additional offices for expanded services.

Our staff, volunteers and patrons have been so patient and flexible throughout the construction. We are thrilled that despite inconveniences, people are com-

ing down to 211 Smith St. on a daily basis. Our business operations have continued without interruption. In the summer our meals program will move up to the junior high school. Updates and news as we move forward will be shared in the coming months as we move into phase II and III.

Changes include more than just building space, however. In order to meet the needs of the changing generations of older people and maintain our ability to remain a financially sustainable and a healthy community organization over time, we must look at other things as well. Factors such as technology needs, efficiency of resources, and increasing our community partnerships are more important than ever. Developing new services and programs such as increased supports to people living with dementia and their families, which you may have been hearing and reading more about creates change too. Some of the services we have been providing for years are evolving as well, to serve people in the best way possible. An example of this is a change in our Loan Closet hours. Beginning in February, this service will be open from 10 a.m. to 2 p.m. Monday through Friday in efforts to

serve people more efficiently and effectively.

The style, design and image of who and what we are may seem trivial or unimportant for some, however senior centers across the country are learning the hard way that not keeping current in terms of today's culture is important and affects older people too. I have it from a reliable source that one should expect some changes in the look and feel of the Sheridan Senior Center space to reflect a more modern updated atmosphere.

The senior center is and will continue to be a hub for people to be and do, gather and connect, learn and share, and create and perform. I often envision it as a student union for older people. A place to hang out, have a cup of coffee, grab something to eat, shoot a game of pool, listen to music, take a class, meet a friend, find out what's going on and connect to resources.

I really look forward to coming to a place like that, don't you?

Ch-ch-ch-ch changes!

CARMEN RIDEOUT is the executive director for the Sheridan Senior Center. Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age.

SENIOR CENTER HAPPENINGS

- The AARP Tax Foundation is offering free tax preparation services on Tuesdays at the Senior Center and on Thursdays at Fulmer Library for those ages 60 and older beginning Feb. 2. Call 672-2240 to make an appointment over

the phone. Restrictions on what taxes can be prepared apply.

- Are you a grandparent raising a grandchild or great grandchild? You may benefit from our monthly Grandparents Raising

Grandchildren support gathering. This month we meet at 5 p.m., Wednesday, Feb. 15, Senior Center Dining Room. Light dinner provided and kid friendly activities while the adults meet. February topic: tax questions when raising a grandchild with guest speaker Patrick Sucor, partner, Harker Mellinger, LLC accounting firm in Sheridan.

- Calling SheridanAires — current and potential — to Thursday rehearsal practice beginning Feb. 23. If this group intrigues you and you'd like to sing, call Jane Perkins at the Senior Center, 672-2240.

- Would you like an additional 10 percent discount on your driver's insurance? Completing the AARP Safe Driver in-class course entitles you an additional 10 percent off your insurance as mandated by Wyoming statute. The February class is Saturday, Feb. 18, 9 a.m. to 4 p.m. at the Sheridan Senior Center, 211 Smith Street. Must call to reserve your spot: 672-2240. The cost is \$15 for AARP members and \$20 for non-members; pay the instructor at the class.



www.sheridanseniorcenter.org

Fun and Food

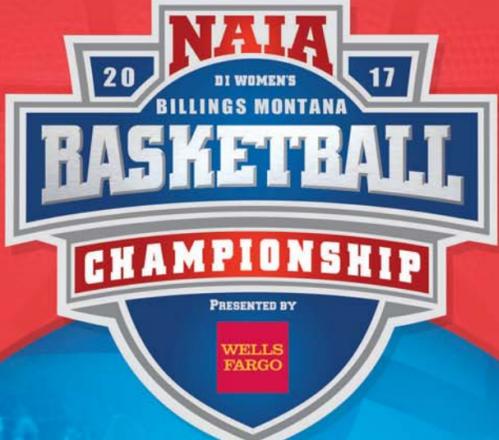
BUILD YOUR OWN SALAD Mondays - Fridays
Entrees and kiosk include sides, dessert and drink.

<u>Entrée Choice*</u>	or	<u>Soup Kiosk</u>
Sun - Beef Tips over Egg Noodles		
Mon - Sweet & Sour Pork		Creamy Broccoli
Tue - Salisbury Steak		Shaker Chicken Noodle
Wed - Turkey Tetrazzini		Beef Stew
Thu - Meat & Vegetable Pizza		Creamy Cauliflower
Fri - Hawaiian Chicken		Hearty Fish Chowder
Sat - Sloppy Joe on Whole Wheat Bun		

*entrée only offered for Home Delivered Meals

Sun - Artist's Reception	1:00 to 3:00 p.m.	Dining Room
Tue - Carnation Sale	Until 10:00 a.m.	Dining Room
Wed - B.A.M.	9:30 a.m.	Community Room
Fri - BINGO	Noon	Dining Room
Sat - Texas Hold'em	1:00 p.m.	Dining Room

Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 365 days a year at 211 Smith Street
Building hours: 9:00 a.m. to 4:00 p.m. Mondays - Fridays
9:00 a.m. to 1:00 p.m. Weekends and Holidays
211 Smith Street Sheridan, WY 82801
Home Delivered Meals (307) 672-6079
Senior Center Main Phone: (307) 672-2240 9:00 a.m. to 4:00 p.m. Mon - Fri



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